



INShape 150 - Cool Down

Play it safe with a proper cool down

A proper warm-up is widely viewed as a necessary part of any regular fitness routine. As we have learned, warming up increases blood flow to tight muscles, making them flexible and less prone to injury.

Cooling down is just as important in reducing the risk of injury as the warm-up, and also plays a role in bringing the body back to a pre-exercise state.



During a rigorous workout your body experiences different levels of stress. Your heart and breathing increase, your muscles and tendons are strained, and byproducts begin building up in your body. Cooling down is necessary in order to gradually reduce your breathing and heart rate. It also keeps blood and lactic acid from pooling in your muscles. Lactic acid is responsible for causing the soreness that is often felt the day after a strenuous workout. Alleviating the build up of lactic acid is one of the areas where cooling down is most useful. Your cool down should involve these basic standards:

- **Time it out** - Spend at least 5-10 minutes in a cool down stage.
- **Taper off** - Gradually slow down your activity. If you have been running, bring it down to a slow jog and then to a brisk walk.
- **Stretch** - The best time to stretch is after your workout. Use static stretching

(stretching a muscle and holding it in position for at least 10 second) to relax, restore and lengthen your muscles.

Cooling down can help reduce muscle injury, stiffness and soreness. Remember that warming up and cooling down are just as important as the workout itself. Cooling down will help speed up your bodies recovery time, giving you the ability to push yourself a little bit harder in your next workout.

Eight Foods You Never Knew You Could (and Should) Be Eating!

#7 Bulgur Wheat

You might know bulgur by another name, whole wheat. Bulgur is whole wheat in its most natural form. What makes bulgur so nutritious? The outer coating of bulgur is called the bran, and it's packed with essential nutrients and fiber. In the 1930's the food industry realized that removing the bran to make "white" products (white bread, white flour, etc...), caused individuals to suffer from diseases consistent with B-vitamin deficiencies. These deficiencies were leading to several metabolic and neurological disorders. In order to fix this rapidly growing problem, companies were instructed to add B vitamins back to the white flour, thus creating "enriched flour." Remember, the term "enriched" might sound nutritious, but it is definitely not as nourishing as whole wheat in its original state. Bulgur comes loaded with vitamins, minerals, antioxidants and proteins. Don't get rid of what nature gave you!



Bulgur can easily replace rice as a healthier option. One cup of brown rice has 216 calories, 1.8 grams of fat, and 3.5 grams of fiber. Bulgur, on the other hand, has 151 calories, ½ gram of fat, and 8.2 grams of fiber. The differences are obvious. Try this bulgur recipe tonight as a substitute for a rice pilaf.

Chick-Pea Bulgur

1 cup bulgur

1 ¾ cup chicken broth

1 (8 ounce) can roasted garlic tomato sauce

3 Tablespoons chopped green onions

1 large carrot, shredded

¼ cup almonds, toasted

1 cup chick peas (garbanzo beans), drained

1 Tablespoon lemon juice

1/8 teaspoon ground cardamom

kosher salt (to taste)

1. In a medium-sized saucepan, heat chicken broth and tomato sauce a boil, stirring occasionally. Add bulgur, remove from heat and cover for 30 minutes.
2. Drain leftover liquid (bulgur will be tender, but chewy). Add rest of ingredients and combine well. Serve warm!



Passport to Health Promotion

INShape Indiana, Red Gold and Clarian Health are excited to launch the Passport to Health promotion in conjunction with the Year of Tomato at the 2009 Indiana State Fair. The goal of the Passport to Health is to educate fairgoers about healthy living and eating well. Fairgoers who visit 3 of the 4 healthy partner locations ([Click here for info](#)) during the Fair will have a chance to win the fantastic prizes below:

Grand Prize: A one YEAR supply of Red Gold Tomato Products

Prize One: 4 Indianapolis Colts Tickets donated by Clarian Health

Prize Two: Tour of the Governor's Residence provided by First Lady Cheri Daniels donated by INShape Indiana

Visit www.redgold.com/fair for contest rules and information.